



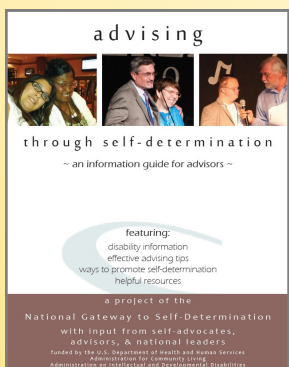
Nebraska Planning Council on Developmental Disabilities

DD Tips

Summer 2013

Advising Through Self-Determination

A project of the National Gateway to Self-Determination has produced an information guide for advisors featuring disability information, effective advising tips, ways to promote self-determination and other helpful resources. [Advising Through Self-Determination](#) was written to help train people to be advisors to people with disabilities with input given from self-advocates, advisors, and national leaders in the field. The project was supported by a grant from the Administration on Intellectual and Developmental Disabilities in Washington, DC.



Included in the guide are traits of effective advisors and the roles they can play, as well as how to understand and navigate the disability systems. The guide looks at approaches for effective advising through activities that promote self-determination based upon the Developmental Disabilities Act definition.

Charting the Life Course

[Charting the Life Course: A Guide for Individuals, Families, and Professionals](#) was developed by families and self-advocates for families and self-advocates. The questions in the guide represent the diverse experiences of these individuals and families. They include things they thought about, asked, or wish they had thought about and asked in their own life experience with disability or special health care needs. Community members can find ways to be more inclusive and accepting of all children and adults in everyday community life by considering questions in The Life Course Guide.

Charting the Life Course was created by the University of Missouri–Kansas City Institute for Human Development, University Center for Excellence in Developmental Disabilities.



State Council

The most recent State Council meeting was held at the Highlands Golf Course on May 17, 2013. The next meeting will be held on August 16, 2013.

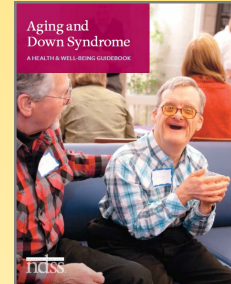
Learn about the [Nebraska Planning Council on Developmental Disabilities](#)

by visiting our website.

Aging and Down Syndrome

The National Down Syndrome Society has produced a comprehensive Health and Well-Being Guidebook on [Aging and Down Syndrome](#). In addition to a general overview, content covers common medical conditions, emotional and psychiatric well-being, and Alzheimer's disease. A section relating to Planning for Old Age covers living environments, retirement, coordination of care, and end-of-life considerations.

The booklet is intended to be used by families, professionals, direct care-givers, or anyone interested in the general welfare of someone with Down syndrome. The goals are to provide guidance, education, preparation, empowerment, and an advocacy framework to set the stage for a successful aging process.



Get Going

Get Going! *Guiding Everyday Travel* is a pocket guide to help people safely utilize public transportation. The guide includes spaces for writing destinations, fare amounts, emergency contact numbers, and what to do in situations such as missing a stop, getting lost or feeling unsafe. It was developed in partnership with Easter Seals Project Action, The Daniel Jordan Fiddle Foundation, and Feeley Consulting.

Access the guide at [Get Going! Guiding Everyday Travel](#)



Bulletproof Jackson

Experience the joy of this inclusive film performance held at a summer camp in Vermont. The film was produced by Zeno Mountain Farm productions.

[Bulletproof Jackson -The Musical on Vimeo](#)

It's My Future

The [It's My Future](#) iPad app is designed to support adults with developmental disabilities to become more self-determined and participate in their annual planning meeting in a meaningful manner. The app includes self-paced videos to enable individuals with developmental disabilities to learn more about planning and leading their meetings. The app was developed by AbleLink Technologies and the Kansas University Center on Developmental Disabilities, in collaboration with the Institute for Human Development at the University of Missouri-Kansas City.

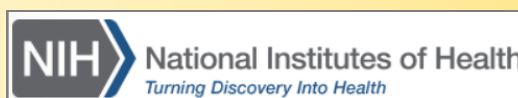


Emergency Rooms and Disability Health Care

Research data supports that despite representing 17 percent of the working age U.S. population, adults with disabilities accounted for 39.2 percent of total emergency room visits. Individuals with severely limiting disabilities were likely to visit the emergency department more than four times per year.

Researchers found that poor access to primary health care and lack of coordination between emergency room and primary care staff, along with complex conditions that require care from various medical providers, contributed to the issues. Many disabled patients may also have limitations interfering with medical self-advocacy that add to the disparity. The National Institutes of Health, U.S. Department of Health and Human Services published study findings online in Health Services Research on December 26, 2012.

For further information visit [NIH News & Events](#).



Tim's Place

Tim Harris is the owner of a popular restaurant in Albuquerque. View the videos to see his unique and powerful approach that brings customers back for more. The New Mexico restaurant, owned by a young man with Down syndrome, has received a great deal of attention from the press.

['Tim's Place' Restaurant](#)



Nebraska Contacts

The [National Dissemination Center for Children with Disabilities](#) has a comprehensive list of Nebraska State agencies related to disabilities along with publications and other information in English and Spanish.

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|--|------------------------------|
| • DHHS Helpline | 800.254.4202 |
| • Hotline for Disability Services | 800.742.7594 |
| • Disability Rights Nebraska | 800.422.6691 |
| • Munroe-Meyer Institute | 800.656.3937 |
| • The Arc of Nebraska | 402.475.4407 |
| • Statewide Independent Living Council | 402.438.7979 |
| • People First of Nebraska | 308.530.9209 |
| • PTI Nebraska (Parent Training Information) | 800.284.8520 |
| • ATP (Assistive Technology Partnership) | 888.806.6287 |
| ♦ Housing Resource Specialist | 888.806.6287 or 402.471.0734 |
| ♦ Funding Coordinator | 888.806.6287 or 402.471.0734 |



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